and the Home Counties, and early in April the rationing of meat was extended to the whole country. In July a new system of ration books was introduced.

By this time the foods subject to compulsory rationing were sugar, butter, margarine, meat of all kinds, and lard Tea was also subject to a system of restriction and before long, jam and marmalade were added to the list of rationed articles.

So far as the vast bulk of the population was concerned, this rationing system, troublesome though in some respects it was to them, ensured a regular and sufficient food supply; and it made it possible for those in charge to calculate with some precision how best they could make the stocks of available food-stuffs go round equitably. When meat was slightly more plentiful, the ration could be raised. When it grew scarcer, the amount purchasable with each meat coupon was cut down. The steady improvement in our national health figures during and after the War, as compared with pre-War returns, shows that compulsory temperance in eating was in general more beneficial than harmful in its effects. Although there was a degree of scarcity, we were never faced with famine or actual privation. Credit is due to our people for the loyal manner in which they submitted themselves to these strange and unwelcome restrictions. Without general goodwill it

*Success of the system*

would have been impossible to make the regulations effective. That goodwill did not fail. It was not impeded but helped by a few prosecutions for breach of the regulations, for the cases selected demonstrated that the Food Controller was no respecter of persons and that the law was enforced impartially for rich and poor alike.